



LOWER AND UPPER PUSH-PULL COMBO

UPPER BODY PUSH & PULL	LOWER BODY
2 COMBINATION EXERCISES	2 COMBINATION EXERCISES
Barbell / Dumbbell overhead press + Bent-over row	Barbell / Dumbbell Forward lunge + Squat
Barbell / Dumbbell upright row + Overhead press	Barbell / Dumbbell Reverse lunge + Forward lunge
Barbell / Dumbbell front raise + Bent-over row	Dumbbell Upper 1/2 goblet squat + Lower 1/2 goblet squat
Dumbbell lateral raise + Bent-over row	Barbell / Dumbbell Stiff-leg dead lift + Dead lift
Dumbbell upright row + Incline press	Barbell / Dumbbell Side squat + Squat
Dumbbell upright row + Chest press	Barbell / Dumbbell Side squat + Forward lunge
Barbell / Dumbbell bicep curl + Upright row	Barbell / Dumbbell Split squat + Squat
Barbell / Dumbbell bicep curl + Front press	
Dumbbell bicep curl + Chest fly	3 COMBINATION EXERCISES
Dumbbell bicep curl + Lateral raise	Barbell / Dumbbell Forward lunge + Reverse lunge + Squat
Barbell / Dumbbell bicep curl + Tricep extension	Barbell / Dumbbell side squat + Squat + Forward lunge
Dumbbell incline bicep curl + Incline press	Dumbbell Upper 1/2 goblet squat + Lower 1/2 goblet squat + Full squat
Dumbbell incline bicep curl + Incline fly	Barbell / Dumbbell split squat + Lower 1/2 squat + Upper 1/2 squat
Dumbbell tricep extension + Pullover	Barbell / Dumbbell reverse lunge + Forward lunge + Side squat
Dumbbell push up + 1-Arm row	Barbell / Dumbbell Split squat + Reverse lunge + Squat
3 COMBINATION EXERCISES	TOTAL BODY
Barbell / Dumbbell bicep curl + Upright row + Overhead press	2 COMBINATION EXERCISES
Barbell / Dumbbell bicep curl + Overhead press + Bent-over row	Barbell / Dumbbell squat + Overhead press
Dumbbell / Barbell front raise + bicep curl + Overhead press	Barbell / Dumbbell lunge + Overhead press
Dumbbell / Barbell front raise + Upright row + Overhead press	Barbell / Dumbbell side squat + Overhead press
Dumbbell lateral raise + Bent-over row + Overhead press	
Dumbbell lateral raise + Bicep curl + Bent-over row	3 COMBINATION EXERCISES
Dumbbell bent-over fly + Bicep curl + Overhead press	Barbell / Dumbbell upright row + Squat + Overhead press
Dumbbell bent-over fly + Tricep extension + Upright row	Barbell / Dumbbell hang clean + Push press + Squat
Dumbbell lateral raise + Chest fly + Upright row	Barbell / Dumbbell bicep curl + Overhead press + Squat
	Barbell / Dumbbell lunge + Overhead press + Squat
4 COMBINATION EXERCISES	Barbell / Dumbbell overhead press + Lunge + Squat
Barbell / Dumbbell bicep curl + Tricep ext. + bent-over row + Overhead press	Barbell / Dumbbell overhead press + Stiff-leg dead lift + Squat
Barbell / Dumbbell bicep curl + Overhead press + Bent-over row	Dumbbell burpee + Push up + Overhead press
Barbell / Dumbbell bicep curl + Upright row + Overhead press + Bent-over row	Dumbbell burpee + Push up + Bent-over row
Dumbbell bicep curl + Lateral raise + Chest fly + Bent-over row	Dumbbell burpee + Push up + Upright row
Barbell / Dumbbell tricep ext. + Overhead press + Bicep curl + Bent-over row	
Barbell / Dumbbell tricep ext. + Overhead press + Bicep curl + Upright row	4 COMBINATION EXERCISES
	Barbell / Dumbbell overhead press + Upright row + Lunge + Squat
ABDOMINALS	Barbell / Dumbbell Upright row + Stiff-leg dead lift + Overhead press + Squat
Weighted sit up + Side-to-side twist	Barbell / Dumbbell Overhead press + Bent-over row + Lunge + Squat
Weighted sit up + U-crunch	Barbell / Dumbbell Stiff-leg dead lift + Upright row + Squat + Overhead press
Weighted sit up + Reverse crunch	Barbell / Dumbbell Stiff-leg dead lift + Lunge + Overhead press + Upright row
Weighted sit up + Bicycle crunch	Barbell / Dumbbell Bicep curl + Lunge + Overhead press + Squat
Weighted crunch + Reverse crunch	
U-crunch + Side-to-side twist	
U-crunch + Weighted crunch	
U-crunch + Bicycle crunch	